

FOR IMMEDIATE RELEASE: Dec. 10, 2012

CONTACT: Marcheta Strunk, Public Information Office, 623-930-2822

JANUARY 2013 EVENT/ACTIVITY LISTINGS

GLENDALE, Ariz. – The following events are offered from the city of Glendale Parks, Recreation and Library Services in January.

Gentle Reads Book Discussion Group

10 a.m. to noon, Wednesday, Jan. 2 at Foothills Branch Library, 19055 N. 57th Ave.

Join us on the first Wednesday of every month to discuss emotionally uplifting and inspirational fiction. This month's selection is "Minding Frankie" by Maeve Binchy. For more information, call Sarah at 623-930-3844.

The Business Forum

5:30 to 7:15 p.m., Wednesday, Jan. 2, at Glendale Main Library, 5959 W. Brown St.

The Business Forum is a free networking business development group. Attend and bring plenty of business cards, meet new business contacts and tell your story in 30 seconds or less. For more information, call Joan Howard at 602-725-3246.

Foothills Coffeehouse: Live Acoustic Music

6:30 to 8 p.m., Wednesday, Jan. 2, at Foothills Branch Library, 19055 N. 57th Ave.

Join the library the first Wednesday evening of every month for acoustic music performed by local musicians. For more information, call 623-930-3844.

Dog Behavior Training

7 to 8:15 p.m., Tuesdays for 4 weeks beginning Jan. 8, at Acoma Park, 53rd Avenue and Acoma Road

Train your dog using friendly, nonviolent techniques. Sit; stay; come; down; walking on a leash; behavior topics; solving problems such as chewing, barking, biting, jumping and more are covered. Bring your dog, leash, treats in small pieces, water bowl, water, your dog's favorite toy and training equipment already in use. Manual and training aid included. Handlers age 16 and under must be accompanied by an adult. Dogs must be at least five months old and have proof of shots. The price is \$59 (Non-Glendale resident, \$71). For more information, call 623-930-4613.

Paws to Read with Jessie

4 to 5:30 p.m., Wednesday, Jan. 9, at Foothills Branch Library, 19055 N. 57th Ave.

Ages 5 and older can reserve a spot to read with Jessie, the lovable golden retriever. Each child may book one fifteen-minute spot to share a one-on-one with Jessie. Jessie is an official therapy dog certified through Therapy Dogs International. She loves books and stories of all kinds and would love to meet you! Register by calling 623-930-3837 up to one week in advance.

6th Annual Health & Wellness Fair

10 a.m. - 1 p.m., Saturday, Jan. 12, at Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Get the knowledge that will help you become healthier while getting free services such as chair massages and blood pressure checks. Find out more about natural and organic products, dentists, local cancer advocates, personal trainers, chiropractic services, holistic services, energy drinks, area health care professionals and many more all in one location. FREE and open to the public. For more information, call 623-930-4608.

- MORE -

JANUARY EVENTS

Add 1-1-1-1

Teen Game Café

2 to 3:30 p.m., Saturday, Jan. 12, at Velma Teague Branch Library, 7010 N. 58th Ave.

Teens, ages 12-18, can participate in a free afternoon of board and video games. Challenge your friends and other teens to a variety of Wii, X-BOX 360 and PlayStation game favorites. Board games including chess, checkers, Life, Monopoly and others will also be available. Each time you win a game, you'll receive a small prize or drawing entry for the chance to win a grand prize at the end of the event. Feel free to bring your own games (rated E or T only please). Pizza and soda will be served. Register online by visiting the library's event calendar at www.glendaleaz.com/library or call 623-930-3431.

Reflexology Introduction

10 a.m. to noon, Tuesday, Jan. 15, at Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Reflexology is an ancient natural healing art involving the physical act of applying pressure to the feet, hands or ears with specific thumb, finger and hand techniques. Learn to give yourself a basic reflexology foot massage that will help to relieve stress and tension, improve blood circulation, promote the unblocking of nerve impulses and help you to achieve a state of homeostasis naturally. Bring a yoga mat or chairs will be available if preferred. The price is \$23 (non-Glendale resident, \$28). For more information or to register, call 623-930-4613.

The 58th Avenue Book Group

10:15 to 11:30 a.m., Tuesday, Jan. 15, at Velma Teague Branch Library, 7010 N. 58th Ave.

Join us for coffee and donuts at this morning book group. January's title is "How to Be an American Housewife." Copies will be available at the Velma Teague Reference Desk. For more information, please call 623-930-3431.

The Science Behind the Sparkle: Dental Bleaching

6:30 to 8 p.m., Tuesday, Jan. 15, at Foothills Branch Library, 19055 N. 57th Ave.

If you're looking to show off rows of white teeth when you smile, you may be considering having your teeth bleached. But how effective is dental bleaching and how much is hype? Thomas McDaniel, D.M.D., of Midwestern University Dental Institute and College of Dental Medicine, will describe how bleaching agents work, which ones are effective and which are not and how to identify and alleviate adverse effects associated with the process. For more information, call 623-930-3868.

Onomatopoeia Book Society

1:30 to 3:30 p.m., Wednesday, Jan. 16, at Foothills Branch Library, 19055 N. 57th Ave.

Teens, 13-18, are invited to join the Society's exploration of classic literature. The meetings are twice a month on the first and third Wednesday. For current book title and to register, call Tonie at 602-547-5972.

Toe Tapping Thursday

10:30 to 11 a.m., Thursday, Jan. 17, at Glendale Main Library, 5959 W. Brown St.

Sing, clap and dance in this movement and music program for ages 2-6, with a parent/caregiver. Available on a first-come, first-served basis. For more information, call 623-930-3537.

Couch Potato to 5K – Beginning Running

9 to 10:30 a.m., Saturdays beginning Jan. 19, for 11 weeks, at Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Go from the couch to the 5K finish line with training that gradually increases your endurance and fitness level. Receive guidance every step of the way in this fun, group setting. The 9 a.m. Saturday session starts with a 30-minute, running-related workshop followed by a group training run. Ages 8-15 must have a parent/guardian registered for class. On April 7, those interested in putting their skills to the test can meet at Rio Vista Park for the 2nd Annual Sydney's Run 5K (separate fee). Price is \$39 (non-Glendale resident, \$49). For more information, call 623-930-4610.

- MORE -

JANUARY EVENTS

Add 2-2-2-2

Winter Bowling Bonanza

9 to 11 a.m., Saturday, Jan. 19 – March 9, at Glenfair Lanes Bowling Alley, 6110 N. 59th Ave.

Ages 8 and older with physical, mental, emotional or social disabilities can make new friends, improve their bowling game and enjoy the support of other participants. Bowling ramps are available to registered bowlers. Instruction is not provided. The price is \$23 (non-Glendale resident, \$30) and includes a bowling ball and shoes. For more information, call Anthony Garcia at 623-930-4335.

Injury Prevention and Treatment for the Athlete

6:30 to 8 p.m., Tuesday, Jan. 22 at Foothills Branch Library, 19055 N. 57th Ave.

This lecture, one of several in the series “Get in the Game: Preparing for Athletic Success,” is presented by Donald Curtis, D.P.M. of Midwestern University Foot and Ankle Clinic. Dr. Curtis will share information and tips on staying injury-free or getting back in the game as soon as possible when injuries do occur. Topics will include sprains and strains, tendonitis, plantar fasciitis, overuse/stress injuries, fractures, the right shoes for the sport and more. For more information call 623-930-3868.

“Read Local: Romance!”

2 p.m., Saturday, Jan. 26, at Velma Teague Branch Library, 7010 N. 58th Ave.

Shop local, eat local...why not “Read Local?” With Valentine’s Day and the Glendale Chocolate Affaire approaching, love is in the air! Find something new to read and show support for local authors while they discuss and sign their small-press and self-published romances at this event. Each author will have approximately five minutes to promote their book with a group signing afterward. Authors and genres include: Kris Tualla: Historical, Morgan Kearns: Sports fiction, Taylor Michaels: Suspense, Vijaya Schartz: Science fiction, Tina Gerow: Paranormal, Tia Dani: Paranormal, Rebecca Boschee: Contemporary, Cathy McDavid: Contemporary, Pamela Tracy: Inspirational, Tami Vinson: Interracial, Mary Maxie: Young Adult. The program is free, and books will be available for purchase and signing. Book prices will vary. For more information, please call 623-930-3439.

High Tea

12:30 to 2:30 p.m., Sunday, Jan. 27 at Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Learn the history and elegant charm of High Tea. Enjoy tea tasting with scones, accompanied by whipped cream and award-winning preserves made from scratch. You will also receive recipes for a full tea. This delightful class will provide you with all the information needed for you to host your own Afternoon Tea event. Please bring your own tea cup and \$5 for a supply fee collected at class. The price is \$45 (non-Glendale resident, \$54). For more information, call 623-930-4613.

See the Ball, Be the Ball: Visual Skills to Improve Your Game

6:30 to 8 p.m., Tuesday, Jan. 29 at Foothills Branch Library, 19055 N. 57th Ave.

This lecture, one of several in the series “Get in the Game: Preparing for Athletic Success,” is presented by William Rainey, O.D. of Midwestern University Eye Institute. This lecture is perfect for those who want to improve their golf swing, batting reaction time, hand-eye coordination or Pop Warner passing. Dr. Rainey will share tips, training techniques and demonstrations, using state of the art equipment to help you swing, hit, putt, pass and throw better. For more information call 623-930-3868.

Basic Estate Planning – An Introduction

6:30 to 8:30 p.m., Tuesday, Jan. 29 at Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

Establish or refine your financial and estate planning goals at this one-day workshop. Learn to avoid probate; the ins and outs of wills, trusts, living wills and powers of attorney; how to protect your assets and more. This workshop is for ages 18 and older. Instructor is CPA, CFP, PFS. • The price is \$19 per person/couple (non-Glendale resident, \$23). For more information, call 623-930-4613.

- MORE -

JANUARY EVENTS
Add 3-3-3-3

Container Gardening

1 to 5 p.m., Wednesday, Jan. 30 at Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

This course will cover the basics of growing organic fruits and vegetables in containers and/or raised beds. Topics will include choosing containers, potting mixes/soil, seeds and using soil amendments and fertilizers. No previous gardening experience needed. The price is \$35 (non-Glendale resident, \$42). For more information, call 623-930-4613.

Acoustic Jam Session

6 to 7:30 p.m., Wednesday, Jan. 30 at Glendale Main Library, 5959 W. Brown St.

Bring your acoustic instrument and play round-robin style. The public is welcome to view. For more information, call 623-930-3573.

###